



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Full Report (All Nutrients) 01184, Yogurt, vanilla or lemon flavor, nonfat milk, sweetened with low-calorie sweetener

Report Date: July 05, 2017 00:38 EDT

Nutrient values and weights are for edible portion.

Food Group : Dairy and Egg Products

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 container (6 oz) 170g
Proximates					
Water	g	87.43	--	--	148.63
Energy	kcal	43	--	--	73
Energy	kJ	180	--	--	306
Protein	g	3.86	--	--	6.56
Total lipid (fat)	g	0.18	--	--	0.31
Ash	g	1.00	--	--	1.70
Carbohydrate, by difference	g	7.50	--	--	12.75
Fiber, total dietary	g	0.0	--	--	0.0
Sugars, total	g	7.50	--	--	12.75
Minerals					
Calcium, Ca	mg	143	--	--	243
Iron, Fe	mg	0.12	--	--	0.20
Magnesium, Mg	mg	13	--	--	22
Phosphorus, P	mg	109	--	--	185
Potassium, K	mg	177	--	--	301
Sodium, Na	mg	59	--	--	100
Zinc, Zn	mg	0.67	--	--	1.14
Copper, Cu	mg	0.079	--	--	0.134
Selenium, Se	µg	3.1	--	--	5.3
Fluoride, F ¹	µg	12.0	9	--	20.4
Vitamins					
Vitamin C, total ascorbic acid	mg	1.1	--	--	1.9
Thiamin	mg	0.034	--	--	0.058

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 container (6 oz) 170g
Riboflavin	mg	0.162	--	--	0.275
Niacin	mg	0.086	--	--	0.146
Vitamin B-6	mg	0.037	--	--	0.063
Folate, total	µg	8	--	--	14
Folic acid	µg	0	--	--	0
Folate, food	µg	8	--	--	14
Folate, DFE	µg	8	--	--	14
Choline, total	mg	15.2	--	--	25.8
Vitamin B-12	µg	0.43	--	--	0.73
Vitamin B-12, added	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	2	--	--	3
Retinol	µg	2	--	--	3
Carotene, beta	µg	0	--	--	0
Carotene, alpha	µg	0	--	--	0
Cryptoxanthin, beta	µg	0	--	--	0
Vitamin A, IU	IU	6	--	--	10
Lycopene	µg	0	--	--	0
Lutein + zeaxanthin	µg	0	--	--	0
Vitamin E (alpha-tocopherol)	mg	0.00	--	--	0.00
Vitamin E, added	mg	0.00	--	--	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0
Vitamin D	IU	0	--	--	0
Vitamin K (phylloquinone)	µg	0.0	--	--	0.0
Lipids					
Fatty acids, total saturated	g	0.116	--	--	0.197
4:0	g	0.005	--	--	0.009
6:0	g	0.005	--	--	0.009
8:0	g	0.002	--	--	0.003
10:0	g	0.005	--	--	0.009
12:0	g	0.006	--	--	0.010
14:0	g	0.019	--	--	0.032
16:0	g	0.049	--	--	0.083
18:0	g	0.018	--	--	0.031

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 container (6 oz) 170g
Fatty acids, total monounsaturated	g	0.049	--	--	0.083
16:1 undifferentiated	g	0.004	--	--	0.007
18:1 undifferentiated	g	0.041	--	--	0.070
20:1	g	0.000	--	--	0.000
22:1 undifferentiated	g	0.000	--	--	0.000
Fatty acids, total polyunsaturated	g	0.005	--	--	0.009
18:2 undifferentiated	g	0.004	--	--	0.007
18:3 undifferentiated	g	0.001	--	--	0.002
18:4	g	0.000	--	--	0.000
20:4 undifferentiated	g	0.000	--	--	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000
Cholesterol	mg	2	--	--	3

Amino Acids

Other

Alcohol, ethyl	g	0.0	--	--	0.0
Caffeine	mg	0	--	--	0
Theobromine	mg	0	--	--	0

Sources of Data

¹Robert Ophaug Fluoride, Unpublished - Ophaug, Microdiffusion